



# SEPTEMBER

Post Falls School District  
Nutrition Services



## HIGH SCHOOL MENU 2022

Mon	Tue	Wed	Thu	Fri
<b>5</b> <b>LABOR DAY</b> 	<b>6</b> <b>Breakfast</b> Breakfast Round Yogurt  <b>Lunch</b> Chicken & Waffles Fruit Roll Up	<b>7</b> <b>Breakfast</b> Breakfast Burrito  <b>Lunch</b> Pepperoni Ripper Homemade Cookie	<b>8</b> <b>Breakfast</b> French Toast Sausage Links  <b>Lunch</b> Chicken Patty Sandwich	<b>9</b> <b>Breakfast</b> Blueberry Poptart Yogurt  <b>Lunch</b> German Hot Dog Baked Chips
<b>12</b> <b>Breakfast</b> Breakfast Pizza  <b>Lunch</b> Hamburger with Cheese Baked Beans	<b>13</b> <b>Breakfast</b> Assorted Muffins Yogurt  <b>Lunch</b> Beef Taco Tater Tots	<b>14</b> <b>Breakfast</b> Scrambled Egg Bowl & Biscuit  <b>Lunch</b> Sweet & Sour Chicken Rice Bowl Egg Roll	<b>15</b> <b>Breakfast</b> Pancake Sausage Bites, Hashbrown  <b>Lunch</b> Chicken Nuggets Garlic Bread Potato Choice	<b>16</b> <b>Breakfast</b> Blueberry Bagel Yogurt  <b>Lunch</b> Cheese Filled Breadsticks Marinara Sauce
<b>19</b> <b>Breakfast</b> Berries & Cream Breadsticks  <b>Lunch</b> Corn dog Baked Chips	<b>20</b> <b>Breakfast</b> Cereal Bar Yogurt  <b>Lunch</b> Buffalo Chicken Dip with Chips	<b>21</b> <b>Breakfast</b> Banana Split Parfait  <b>Lunch</b> Breakfast Sandwich and Hashbrown	<b>22</b> <b>Breakfast</b> Dutch Waffle Sausage Links  <b>Lunch</b> Chicken Drumstick Mashed Potatoes Dinner Roll	<b>23</b> <b>Breakfast</b> Breakfast Sandwich  <b>Lunch</b> Ribbq Sandwich Baked Chips
<b>26</b> <b>Breakfast</b> Blueberry Bagel Yogurt  <b>Lunch</b> Hamburger with Cheese Potato Choice	<b>27</b> <b>Breakfast</b> Breakfast Bread Yogurt  <b>Lunch</b> Chicken and Waffles	<b>28</b> <b>Breakfast</b> Breakfast Burrito  <b>Lunch</b> Ripper Homemade Cookie	<b>29</b> <b>Breakfast</b> French Toast Sticks Sausage Links  <b>Lunch</b> Chicken Patty Sandwich	<b>30</b> <b>Breakfast</b> Blueberry Poptart Yogurt  <b>Lunch</b> German Hot Dog Baked Beans Corn on the Cob
				

**ALL BREAKFASTS  
COME WITH FRUIT OR  
JUICE AND MILK**

**ALL LUNCHESES COME  
WITH FRUIT, VEGGIES  
AND MILK**

See the Nutrition Services  
homepage at [www.pfsd.com](http://www.pfsd.com)  
for more information.

### Meal Prices:

Milk—	\$0.50
Breakfast—	\$2.10
Reduced	\$3.30
Lunch—	\$3.50
Reduced	\$4.40
Adult—	\$4.35

Alternate lunch choices:

Pizza, Sub Sandwich

Large Salads, Uncrustable

-or-

GRAB & GO BENTO BOXES

**ALL MENUS ARE SUBJECT TO CHANGE**

*This institution is an equal opportunity provider.*